As you know, we have had some changes in our administrative team in the past few months. And for those of you who are new to the department this year, you may not yet have had the pleasure of meeting the team members. So this month's newsletter introduces you to our new Department Manager. And we've also profiled the other team members so you can put faces and a bit of personal information to names that you've probably seen many times.
We are pleased to welcome Cindy Kimball as our new Department Manager. Cindy comes to us after four years at CHEO and the CHEO Research Institute, most recently in the Mental Health program where she worked on finance, human resources, and procurement projects. Prior to that Cindy supported leadership teams in global organizations while based in Shanghai, China. She supported the partners of international legal and banking firms such a Herbert Smith Freehills and Deutsche Bank as they advised western investors on Chinese market strategies.

Cindy holds a Bachelor of Commerce Degree from Athabasca University. In her spare time Cindy plays piano, bakes amazing cookies, and is a hockey mom to her two young boys. Please welcome Cindy to the team!
Jesse Ogle is the Administrative Assistant to the Chair of the Department of Psychiatry. He is also a part of the Casual Secretary Pool at The Royal Ottawa Mental Health Centre. He was born and raised in Chatham-Kent, Ontario and moved to Ottawa in order to pursue a Bachelor of Arts in Criminology at Carleton University. By the time he had graduated, Jesse decided he was going to stay in Ottawa and make it his new home.

Jesse has been an avid golfer ever since he was introduced to the sport as a teenager and he is definitely ready for winter to be over. This past summer, Jesse asked his girlfriend Emily to marry him and they have both been busy with planning and looking forward to their fall 2020 wedding.
Alex Sinha is the Undergraduate Program Coordinator for the Department of Psychiatry at the University of Ottawa’s Faculty of Medicine. She was born and raised in Ottawa graduating from Carleton University with a Bachelor of Arts in psychology. Following university, Alex spent several years abroad working on cruise lines, teaching English in China, and traveling in the United States and Australia. She is happy to be back and settled in her hometown, and working in the field of mental health.

In her spare time, Alex is a member of Orpheus Musical Theatre Society, the oldest musical theatre organization in Ottawa. She has performed in numerous shows as a singer/dancer, and this past fall choreographed her first musical. In her current position, Alex really enjoys working with staff and students to create positive experiences where students can meet and exceed their academic goals and advance their professional careers.
Debbie Hall, the Psychiatry PGME Program Coordinator, was born and raised in Toronto, Ontario to a father who was an orthopaedic surgeon and a mother who was an RN, so it was only natural for her to have a career in the medical field. In 2006, she moved to Ottawa and Prior to her position with uOttawa, she was the Program Coordinator for Internal Medicine in the Department of Medicine at The Ottawa Hospital.

This past year, Debbie was recognized for her outstanding contributions to resident education, winning the 2019 uOttawa PGME Program Administrator’s Leader Competency Award and the uOttawa Award of Excellence. When asked whether these awards were her greatest accomplishment, she smiled and shook her head no, saying that her son, Joey, is her greatest accomplishment. When she is not busy winning awards at work, she spends her time needlepointing, baking, and entertaining guests at her home.
Elli Jackson is the Administrator for the Psychiatric Residency Program at the ROMHC. Originally from Sudbury Ontario, she moved to Ottawa at 17 to finish her high school and college years. Her original path was to get into the medical aspect of employment but the Dental community came calling and she spent the next 29 years climbing the ladder from admin, book keeper to manager. In 2009, An opportunity became available to become part of the Royal Ottawa Mental Health team and she has been there since. She has 2 beautiful children who serve our country in the Military and Naval Services. In her spare time, she is an avid reader, she attends the gym and enjoys cooking in her Instapot.
New Site Education Director at TOH General Campus: 
Dr. Sephora Tang

Dr. Sephora Tang has been selected as the new Site Education Director at the Ottawa Hospital General Campus. The primary task of the Site Education Director (SED) at the Ottawa Hospital is to ensure that the educational needs of psychiatry and off-service residents are met. The SED reports directly to the Program Director and sits on the core RPC committee and one of the RPC subcommittees.

In 2015, Dr. Tang began working as a full time Outpatient Adult General psychiatrist in the Urgent Care Clinic of the Ottawa Hospital, General Campus. As a member of the Faculty of Medicine at the University of Ottawa, she has enjoyed interacting with medical students and psychiatry residents in a variety of teaching environments including lectures, small group learning, and in clinical supervision. Her clinical interests include combining psychopharmacology with the art of psychotherapy to optimize the patient experience, with new interests developing in the use of brainspotting therapy as a treatment modality for trauma.
CBD Update January 2020: Intro to Academic Advisors and Competence Committees

- Recall that CBD rolls out in July 2020 for 13 incoming PGY-1 residents.
- As part of the new CBD curriculum, there will be some new educational roles to fill.

See you next month!

We are always looking for faculty members to profile, news, announcements, or brief commentaries about topics in Psychiatry. Please send these to Jesse.Ogle@theroyal.ca